

## In this issue: Community service ideas, MMS news, health, and more!

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### Community Organization: Villari's Community Connections

By Kaylee Durocher

Every month Villari's Martial Arts helps the community. Villari's program that helps the community is called Community Connections. They always do a lot of community help because it is fun and free. One of the biggest things they did was a book drive. People brought in tons of books to donate to the Mansfield Library. After the book drive was done, we reached our goal to raise over 1,000 books. Another thing they did was going ice-skating and donating the money that we made to charities. You can join Villari's by going to the north Windom dojo or in the Storrs common dojo. The service community coming up is ice-skating so, if you want to go, sign up quickly.

### The Environment: MMS School Garden

By Lydia Russell

Did you know that we have a school garden here at Mansfield Middle School? It is located in the back of the school, near Mrs. Dickinson's room. It was started last Spring as an afterschool activity and kids could come and work on it. Over the summer, Camp Mansfield took care of it. In the fall, we grew at our school garden beans, tomatoes and chard. The school gives all of the produce from the school garden to the Soup Kitchen in Willimantic.

A school garden is a great way for kids to learn about the environment and have fun at the same time. Working in a school garden helps kids learn to realize where the food that they buy from the store actually comes from, and teaches them to appreciate it. School gardens can be an outdoor classroom where students get experience learning about plants, nutrition, and healthy habits.

This year, more students will get involved with the garden. Mrs. Burnham's classes will grow seedlings for the garden, and Mr. Perkins' classes will plan out the planting grid for the garden. If anyone you know or you are interested in working in the school garden, contact Mrs. Poller.

## Community Service: Adopt a Family Program

By Kaylee Durocher

We as a school can take care of families that are less fortunate than we are. Our guidance counselor, Mrs. Lee has organized this program where anyone in school can select an item that the family has requested and buy a gift. So if we get their Christmas list and buy them Christmas presents that they wanted, we will be helping. Mrs. Lee gets all of the information from Mansfield Social Services about families that are in town, and then she organizes that information more for us. They also get grocery gift cards for stuff like food, gas, clothing, and more. All of us hope that we can make the kids happy from the Adopt a Family Program.

### Upcoming home basketball games:

Girls	Boys
January 31, vs. Coventry	January 27, vs. Lebanon
February 3, vs. Tolland	February 1, vs. Bolton

The boys and girls basketball teams are both amazing! Don't hesitate! Late busses are usually available, so see you there!



## School News: MMS Basketball

By Mina Farooqi

Go Roadrunners! Do you want to help cheer the Mansfield roadrunners to victory? Well, you can! You can attend any of the basketball games, girls or boys! Just have a note, sign up in the back office, and next thing you know, you are watching the roadrunners lead to victory! The first game was December 16, 2010. The boys and girls both played Coventry. The boys won with a whopping 59-28. The top scorers 4 were John Nollet, with 12 points, Conner Knecht, also with 12 points, Rahim Mama, with 10 points, and Alex Cornell with 6 points. The girls had a close match against Coventry as well, and had their first loss 43-25. Their top scorer was Katie Ouimette. It was a tough game but great job!

The roadrunners had another game against Ashford, and the boy's basketball team won again with a superior 68-26 points! The top 4 scorers were Syie Prince, with 14 points, John Nollet, with 8 points, Conner Knecht, with 7 points, and Liam Kissane with 6 points. The girls also had a game against Ashford, but lost 38-25, Good try, girls! Katie Ouimette was top scorer again and did a great job leading the team to a close game. Congratulations boys and girls basketball teams for starting the season off great!

Special thanks to the girls and boys basketball coaches, Coach Ramsdell and Coach Buck, who coach the boys team and Coach Meila and Coach Bissell who coach the girls team. Everyone tries really hard and rocks!

See the adjacent chart of future games.

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## Health: A healthy recipe for *Banana Berry Jumble*

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Selected by the MKCan Team

### Ingredients

1 large banana, half cut into  $\frac{1}{2}$  inch pieces

$\frac{3}{4}$  cup fresh or frozen cranberries

$\frac{1}{4}$  cup oats

$\frac{1}{2}$  tablespoons nutmeg

### Directions

Combine all ingredients in a large non-stick skillet. Cook on medium-high heat just until cranberries begin to soften, stirring occasionally. Remove from heat; cool slightly. Spoon into bowls and top with low-fat whipped topping, fat-free sour cream or low-fat frozen yogurt, if desired.

### Recipe statistics

Preparation time: 25 minutes

Number of servings: 2

Cups of fruits and vegetables per person: 0.75

Calories: 160

From: <http://www.recipes.com>



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## Health: A healthy recipe for *Apple Carrot Salad*

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Selected by the MKCan Team

### Ingredients

1 cup shredded carrot

3 (Medium) unprepared and diced apples

1 tablespoon lemon juice

$\frac{1}{2}$  cup raisins

$\frac{1}{3}$  cup low-fat mayonnaise

### Directions

Combine all ingredients. Chill thoroughly. Serve on salad greens.

### Recipe statistics

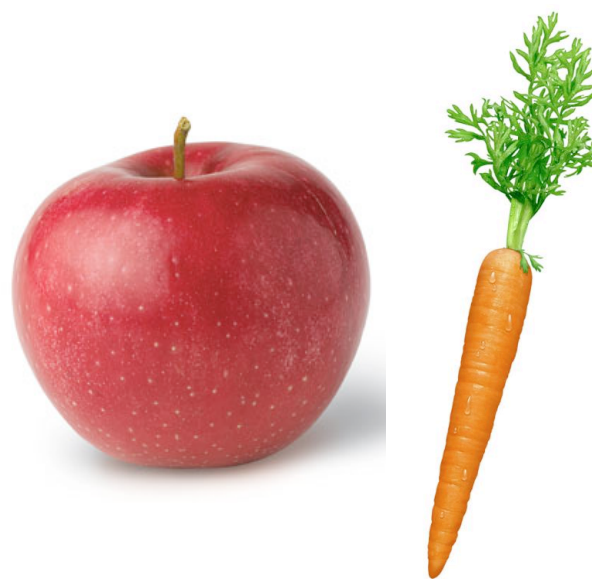
Preparation time: 10 Minutes

Number of servings: 6

Cups of fruits and vegetables per person: 0.50

Calories: 110

From: <http://www.recipes.com>



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## Health: Fighting the Flu; an interview with Mrs. Malloy

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Interviewed by Catherine Cranmer

MKCan: What are some symptoms of the flu?

Mrs. Molloy: Fever (usually higher than 101°F), Achiness; aches all over the body—

MKCan: How do you spell achiness?

Mrs. Molloy: A-C-H-I-N-E-S-S. Another symptom is exhaustion.

MKCan: Is it true that once you catch the flu once, you're immune for the rest of your life?

Mrs. Molloy: The real answer is no, because the flu virus mutates, it changes. So you won't get the same flu again, but you can get a different version.

MKCan: Phooey! Anyway, how bad is the flu? Is it life-threatening?

Mrs. Molloy: That's a good question: some people die from the flu every year, but most healthy people fully recover.\*

MKCan: How can people prevent getting the flu?

Mrs. Molloy: Hand washing is super important, stay away from people you know have the flu, and getting the flu shot or the flu mist are the big three, I think.

MKCan: So, thanks for the interview! Bye!

\* Over a period of 30 years, between 1976 and 2006, estimates of flu-associated deaths range from a low of about 3,000 to a high of about 49,000 people.

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## School News: Community Service Helping Club

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By Mina Farooqi

A new and exciting x-block choice is coming! It is called the community service club. This club will be for 5th and 6th graders, starting Thursday, January 20. If you are interested, starting then, you would sign up for interest center 112. It is a free for all, so you are welcome any week. Ms. Bahre is the instructor, and during the Community Service Club, you will be planning charity drives and ways to help the community, while also taking action to bring these ideas to reality. Ms. Bahre, has participated in a community service project at UCONN, and has plenty of great ideas. So come one, come all, to the community service club!



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## State Issues: The CT Election

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By Lydia Russell

On November 2nd, 2010, elections took place in CT. Although there were many national, state, and local elections on this day, this article only focuses on the state election. The competition was between Dan Malloy and Tom Foley for governor, for State Representative Greg Haddad, Jason Ortiz, Bryan Buckman, and Chris Paulhus. Also, for State Senate the competition was between Don Williams (who won) and John Hallburg. The different places where you could put down your ballot depended on where you lived. Whichever place you live closer to you would go to for voting. There was a voting station at the Public Library, at the Eagleville Fire Department, and at the Town Hall.

Having an election means that on that day everyone over 18 who is registered to vote puts their opinion down on a ballot for who should be our public offices. At the beginning of the year, there are primaries, which are small elections where our votes choose who will be the candidates, the people that we choose from in the final ballot. At the end of the year, in November, after hearing many debates and maybe even talking to the candidates, we decide who we think will be the best at the job and vote for them.

Did you know that you could write a letter to your elected representatives such as Representative Greg Haddad, Senator Don Williams, and Governor Dan Malloy telling them how you think CT can be improved? Well it is true. Telling your representatives what you think he should do will help him figure out laws, education, (which will help you), and Connecticut's well being.



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If you are interested in contributing to or writing for Mansfield Kids Can, please contact either Ms. McCormick at MMS or the editor at [mansfieldkidscan@yahoo.com](mailto:mansfieldkidscan@yahoo.com).